

## Rochelle Independent School District

### Student Nutrition & Wellness Plan

#### Purpose and Goal:

Rochelle ISD shall follow nutrition guidelines that promotes student health and reduce childhood obesity. The school district shall promote the general wellness of all students through nutrition education, physical activities, and other school-based activities.

Rochelle ISD shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the board, parents, and the public.

Rochelle ISD will serve healthy meals every school day at all students at no cost.

#### **Nutrition Guidelines:**

Rochelle ISD shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available are in accordance with the Texas Public School Nutrition Policy. In addition to legal requirements, Rochelle ISD shall:

1. Establish guidelines for school sponsored fund-raising activities that involve serving or selling food. The Superintendent is responsible for coordinating exempt days.
2. All students attending Rochelle ISD will receive a free reimbursable meal. If the student refuses to take the components that make this a reimbursable meal they will be served an alternative meal.
3. Individuals not enrolled at Rochelle ISD will be charged adult prices, \$2.75 for breakfast and \$4.15 for lunch, which is due at the serving line.

**Wellness goals:**

Rochelle ISD shall implement, in accordance with the law, a coordinated health program with a nutrition education component (see policy EHAB and EHAC) and shall use health course curriculum that emphasizes the importance of proper nutrition (see Policy EHAA).

In addition to legal requirements, Rochelle ISD shall:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors that are designed to prevent obesity, cardiovascular disease, type II diabetes, and other debilitating conditions through coordination of health education, physical activities, nutrition services, and parental involvement. The food service director is responsible for putting nutritional statements on the school menus sent home with the students at least once a month.
2. Staff responsible for nutrition education will be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned. Staff is responsible for getting the training that is needed.
3. The food service staff, teachers, and other personnel will coordinate the promotion of nutritional messages in the cafeteria, the classroom, and other appropriate settings. The food service director is responsible for making sure posters are hung where needed. (Cafeteria, Hallways, Locker rooms, etc.)
4. The school health advisor is responsible for implementing our local lice policy. Students are carefully screened for head lice at random intervals by the school health advisor. If live lice are found the parent/guardian will be notified and the student will be removed. Education on head lice removal will be provided to the parent/guardian. Rochelle ISD would exclude any student found with live head lice until at least one lice removal treatment has been applied. Upon students returning to school the parent will need to check in with the school health advisor to discuss the treatment applied. If absent more than two days after being sent home the student will receive unexcused absences.

**Physical activities:**

Rochelle ISD shall implement, in accordance with the law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. (see BDF, EHAB, and EHAC).

In addition, Rochelle ISD establishes the following goals for physical activity:

1. Physical education classes will regularly emphasize moderate to vigorous activity. The Physical Education teacher is responsible for having this sort of activity at least once a week. (examples kickball, baseball, walking)
2. The district shall encourage teachers to integrate physical activity into the academic curriculum where appropriate. The teachers are responsible.
3. The district will provide an environment that fosters safe and enjoyable activities for all students, including those that are not participating in competitive sports. The PE teachers are responsible for preparing our students, PK-5 for our yearly field day events.
4. The district shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events. The food service director is responsible for sending home flyers at least twice a year encouraging fun family activities and nutrition.

**School based activities:**

Rochelle ISD establishes the following goals to create an environment conducive to healthy eating and physical activity and to express a consistent wellness message through other school-based activities.

1. Sufficient time shall be allowed for students to eat meals in a lunchroom facility that is clean, safe and comfortable. The administrative director will see that the students come to lunch in a timely manner. Aids will help PK-5<sup>th</sup> grade students thru the line.

**Implementation:**

The Superintendent shall oversee the implantation of this policy and shall develop administrative procedures for periodically measuring the implantation of the wellness policy.

Everyone is encouraged to attend our SHAC meetings. These invites will be posted on the local school website as well as letters sent home with the students.

Triennial Assessment conducted every three years. Attached is the summary completed May 26, 2022.

## Local Wellness Policy: Triennial Assessment Summary

### Section 1: General Information

School(s) included in the assessment:

Rochelle ISD

Month and year of current assessment:

May, 2022

Date of last Local Wellness Policy revision:

7

Website address for the wellness policy and/or information on how the public can access a copy:

rochelleisd.net

### Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet?

4

Designated School Wellness Leader

Name	Job Title	Email Address
Karli Teague	School Nurse	Kteague@rochelleisd.net

School Wellness Committee Members

Name	Job Title	Email Address
Karli Teague	School Nurse	Kteague@rochelleisd.net
Janie McBeere	school board/PTC leader	Jmcbere@rochelleisd.net
Angelina Mills	PTC & SHAC member	bailew.d.angelina@gmail.com
JOHN L. DAGEN	CITIZEN	JLD3769@HOTMAIL.COM
Georgina Ramsey	Paraprofessional	gramsey@rochelleisd.net
Stephanie Arnold	Teacher	Sarnold@rochelleisd.net

### Section 3. Comparison to Model School Wellness Policies

Complete the WellSAT 3.0 assessment tool and keep a copy of the results on file for at least three full school years plus the current year, as it will be reviewed during the next administrative review of your school nutrition program.

Indicate model policy language used for comparison:

- ☐ Alliance for a Healthier Generation: Model Policy
- ☐ WellSAT 3.0 example policy language
- ☐ Other (please specify): \_\_\_\_\_

Describe how your wellness policy compares to model wellness policies.

### Section 4. Compliance with the Wellness Policy and Progress towards Goals

At a minimum, local wellness policies are required to include:

- Specific goals for:
  - Nutrition promotion and education
  - Physical activity
  - Other school based activities that promote student wellness.
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Using the tables below, indicate the language that is currently written in the district local wellness policy in relation to each topic area. Next, assess and discuss whether the district is meeting the goal, partially meeting the goal, or not meeting the goal. Finally, indicate the progress made for each goal and next steps that have been identified.

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
	✓			Educational Posters, Intentional designed nutritional Program.
Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
	✓			Daily Physical ed, Field day-Curriculum based physical activities
School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
	✓			Community Prep-rallies, Physical educational field trips & events.
Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
	✓			Closely monitored meals and snacks provided <del>exposed</del> to the student by the school.
Guidelines for other foods and beverages available on the school campus, but not sold	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
	✓			limit birthday parties limit our bake sales limit access to vending machines.

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
	✓			concessions + vending machine products are monitored by wellness committees & employees in charge of the wellness policy.

Include any additional notes, if necessary: